



**February
2019**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

Love {insert heart here}

Do you know what I love?

I love a cleaned organized junk drawer! If it gets done. I dive into the task over enthusiastically; separating like items, tossing silly things I don't need, and then all of a sudden, I find a KEY! I remember this key; yet it seems mysterious to me. What does it go to? I headed to my almighty key hooks in the spice cabinet. Tons of keys! Color coded chains. Whoa! Still nothing triggers me! I proceed to test every lock in the house. When I get to the front door which is strange as I already know it's not the front door key. I see the mail has arrived! Registration renewal- better do right away or you'll forget. Online renewal done! I file the renewal in the filing cabinet and realize I forgot to strip the bed linens. Long story short, two rooms clean, three loads of laundry done. So, now it's rest time. I retire to my chair and when I turn to the end table to retrieve the remote.... What the heck does that key go to? And the answer is: No, I didn't finish the junk drawer because mid-day is lunch time and I needed the counter space to prepare my lunch! Here are a few other things I love: Driver's glued to their phones which gives me the green light advantage. That moment when we know you're waiting for a BINGO and we draw the next number out so slow, it sends you right over the edge! So close! I LOVE being next in line! I love when the GPS doesn't send me into the river! AND, love when the morning cup of coffee is the "Best Cup Ever", every morning!

From Your Mayor

We are in our second month of the New Year and I hope everyone has enjoyed the winter months thus far. I am looking forward to the spring in anticipation of the warmer weather.

Black History month begins on February 1st and I hope you are able to participate in the celebratory events being held throughout the city. Additionally, this month we will be celebrating a number of holidays throughout the city, such as Groundhog Day, Valentine's Day, and Presidents day. I invite you to come to the Lynn Auditorium and see the movie *Harold and Maude* on February 2nd or to enjoy the performance by Cheap Trick on February 23rd. For more information and tickets call 781-599-SHOW or visit

<http://www.lynnauditorium.com>.

We could still expect some snow this season and continue to encourage residents to sign up for our public notification platform at <https://www.smart911.com>. You can select the type of notifications you would like to receive (school closings, parking bans, weather alerts, missing persons, traffic information etc. These alerts are specific to the City of Lynn and are meant to keep you informed. All information provided is scrupulously protected by Rave Mobile Safety and is not shared with any other agencies. The service is free.

Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
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Dignity
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BANECARE
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 ABBOTT HOUSE
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello

Director 781-599-0110 ext. 503

sminchello@glss.net

Erica Brown

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ext. 618

ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant

ext. 625

rpaulinodiaz@glss.net

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers

President

Minette Lall

Vice President

Lester McClain

Clerk

Pam Edwards

Charles Mitchell

Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

George Harvey

Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Feb 28 Mar 27 Apr 25 May 30

Considering joining the FRIENDS? Come visit us and see what we're all about

Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:

www.ci.lynn.ma.us

Click City Hall

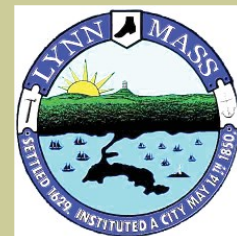
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



WWW.FACEBOOK.Com/LYNNSENIORCENTER

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis

In loving memory of Dot James
~Mary & Grace Ishkanian

In loving memory of Win LeGrow and Pauline Stickney
~Mary & Grace Ishkanian

In loving memory of my dear friend Richard Louf. The short time we had as friends felt as if we'd known each other for years.
~Kiki & Inky

DEDUCTIBLE DONATION

GE matches all donations made from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
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Person's Name: _____

Send card to: _____

Donated by: _____

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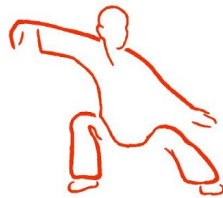
Hatch Hearing Aid Center
 "You Should Hear
 What You're Missing"
 152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
 781.599.1902 • 1.888.HEARITE (432.7483)

CASINO TRIPS

Casino trips will take a brief break for the winter due to travel concerns. They will resume in April!



MUSICAL AND JOY BASED TAI CHI



Every second and fourth Monday

10:00am-11:00am

Instructor: Mike Elliot

No reservation needed

\$5 per session

Improves balance, energy, and mobility

Elevates heart rate, improves posture, and builds muscle tone

Decreases stress and pain

UKULELE CLUB



Every Tuesday 9:00am—10:00am

Activities room

FREE!

Beginners and experienced player welcome

Instruments included at Senior Center

Instructor Matthew McConeghy

**YOUR
AD
HERE
CALL
TODAY**

MOVE SAFE BALANCE CLASS

Teacher: Sylvia Colovos and Rose MacDonald

New sessions begins Monday, February 4th, 2019

12:00—1:00

Improve your balance and mobility so you can move more confidently in your community. This class will teach you new exercises to strengthen your body and become more flexible to increase your balance and agility. Learn about reasons for falling and how to change your lifestyle to be safer in your environment. We will be learning about postural strategies and lateral training to strengthen hips and legs muscles to improve balance on fun equipment.

Meet new friends in a relaxed, non-intimidating setting.

NEW MEDICARE CARDS

Happy New Year from SHINE! **Everyone** should have received their new Medicare card by now!

If you **don't have one**, it could be the Social Security office did not have your current address or it was thrown away accidentally because the envelope did not have Medicare information on it.

No worries! **You can order** your new card by calling **Medicare** at **1-800-633-4227**, or set up an account at www.MyMedicare.gov to retrieve a copy of it.

(Once you receive the card, you can destroy the old one.)

7 Liberty Square • Lynn, Massachusetts
 Now Accepting Applications
 Subsidized Elderly Housing
 Call 781-593-5700

HARBOR 90FT
 ADAPTIVANTS

NEW Open Enrollment Plan for Medicare Advantage Plans!

Beginning in 2019, a new Medicare Advantage Plan Open Enrollment Period will run for January 1 – March 31 every year.

If you are enrolled in a Medicare Advantage Plan, you'll have a one time opportunity to:

- Switch to a different Medicare Advantage plan
- Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B
- Sign-up for a stand-alone Medicare Part D prescription plan to complete Original Medicare

SHINE Counselors can help you understand your choices during the Medicare Advantage Plan Open Enrollment Period. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your local Senior Center to schedule a phone consultation or in-person appointment. For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.

Mystic Valley Elder Services SHINE program serves seniors in the communities of Chelsea, Danvers, Everett, Lynn, Lynnfield, Malden, Marblehead, Medford, Melrose, Middleton, Nahant, North Reading, Peabody, Reading, Revere, Salem, Saugus, Stoneham, Swampscott, Wakefield and Winthrop.

SUPPER CLUB

Every second Wednesday—4:00pm-5:00pm

Looking for attendees interested in socializing with friends. Supper served for \$2 and is sponsored by My Brother's Table. Must reserve seat—first come first serve. Call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at 781-586-8618.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Feb 6	It Happened One Night	1934	NR	1h 45m
Feb 13	When Harry Met Sally	1989	R	1h 36m
Feb 20	Miracle	2004	PG	2h 16m
Feb 27	Rock-a-Bye Baby	1958	NR	1h 43m



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





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North Shore Offices Phone: 978-774-2005 • 978-777-6009
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**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
APARTMENTS

FEBRUARY HAPPENINGS

Tue Feb 5	February Birthday Celebration	12:45pm—1:00pm
Wed Feb 6	Affordable Housing Application Workshop FREE! More details on page 7	9:00am—10:00am
Thu Feb 7	<u>Field Trip: Walmart & Applebee's</u> \$3	10:00am—1:30pm
Mon Feb 11	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games 1:00pm
Wed Feb 13	Supper Club	\$2 4:00pm—5:00pm
Thu Feb 14	<u>Valentine's Day Gameshow</u> Play a fun game with us and win prizes!	FREE 9:00am—10:00pm
Thu Feb 14	<u>Ice Cream Social</u> Sponsored by: FRIENDS of the LCOA	\$0.50 1:00pm
Fri Feb 15	<u>Brown Bag</u> Sponsored by Greater Boston Food Bank	9:00am—12:00pm
Mon Feb 18	SENIOR CENTER CLOSED HAPPY PRESIDENT'S DAY!	
Wed Feb 20	<u>Lunch Trip: Flaming Grille</u>	\$3 11:00am—1:15pm
Thu Feb 21	<u>Electronics Workshop</u>	FREE 10:00am—11:00am
Fri Feb 22	Safety Seminar Learn about safety in and out of the home as well as phone scams!	FREE 10:00am—11:00am
Mon Feb 25	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games 1:00pm

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

WEATHER POLICY

In the case of inclement weather, we urge you to stay home for your own safety. We will post our closings to our Facebook page. If you are unsure if we are open.

Please call the main desk
(781-599-0110). If you get the answering service, assume we are closed. Thank you!

TAX ASSISTANCE

Salem State University Free Income Tax Preparation
February 12—April 13
Call 978-825-4013 and ask for Jake Lefker for appointments

We are working on other opportunities. Please call Erica (781-586-8618) or Rosa 781-586-8625 for more information.

AFFORDABLE HOUSING APPLICATION WORKSHOP

Lynn Council on Aging
Wednesday February 6th, 2019
9:00am

8 Silsbee Street
Lynn MA, 01901



This educational workshop will guide you through the different housing options and applications available to you.

R.S.V.P. to 978-741-0077 or email DBarber@DisabilityRC.org

DANCE WITH JOY

FREE!

Thursdays 9:00-9:45
Led by Nancy Deluth

A creative movement experience that combines dance, yoga, and meditation.



Can be done seated or standing.

PHONE ASSISTANCE OFFICE HOURS

Due to the high number of requests for assistance with cell phones, we have scheduled office hours when we will be available to assist you.

Tuesdays and Wednesdays
2:00pm—3:00pm

These hours are subject to change pending staffing patterns

ELECTRONICS WORKSHOP

Girls Inc. will be here to help you learn how to set up cell phones and tablets or answer questions on how to use them!

Thursday February 21st
10:00am—11:00am

**YOUR
AD
HERE**

**CALL
TODAY**

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Wellness Watch February 2019

10 tips Nutrition Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

SENIOR CENTER ACTIVITIES • January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:15-10:45 POKENO	11:00-12:00 LUNCH	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	11:00-12:00 LUNCH	
1:00-2:45 BINGO	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACING	

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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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of the North Shore

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781.592.9667

THE WIZARD OF OZ

W	T	O	L	E	G	N	A	E	N	R	T	M	A
O	A	N	L	A	L	A	U	K	E	K	O	T	U
R	L	A	R	O	I	A	E	N	E	N	O	H	N
C	G	R	R	Y	N	N	D	Y	K	T	G	N	T
E	M	E	A	O	D	L	M	E	O	B	N	S	E
R	G	T	D	O	A	U	Y	E	A	O	A	N	M
A	O	A	C	O	G	S	J	J	L	L	M	A	O
C	A	W	R	R	R	Y	D	Y	N	T	N	U	A
S	N	B	A	L	O	O	D	R	A	Z	I	W	C
N	I	K	K	O	A	O	T	U	O	G	T	N	I
T	E	N	A	O	G	N	I	H	S	N	A	N	G
R	U	B	Y	D	U	C	D	M	Y	Y	N	Z	A
I	C	O	W	A	R	D	L	Y	L	I	O	N	D
A	Y	T	G	R	M	K	T	A	D	E	N	A	R

In August of 2019, The film "The Wizard of Oz" turns 80 years old!

WIZARD JUDY GARLAND DOROTHY GALE
 SCARECROW TIN MAN TOTO COWARDLY LION
 WATER GLINDA AUNT EM MELTING RUBY NIKKO
 MONKEYS

February 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)	MEALS SUBJECT TO CHANGE WITHOUT NOTICE	HAPPY VALENTINE'S DAY!	1 Chicken pot pie(570)* Parsiled potatoes(5) Calories-797 Sodium-965 ALTERNATIVE Chimichurri beef(140) Calories-758 Sodium-560
4 Honey mustard pork(161) Mushroom soup/crackers(271) Calories-834 Sodium-999 ALTERNATIVE Cheese quesadilla(340) Roast sweet potato(129),soup Calories-800 Sodium-1100	5 Cranberry orange chicken(155) Cheddar whipped potato(136) Calories-650 Sodium-787 ALTERNATIVE Coconut curried fish(270) Mixed vegetables(24) Calories-750 Sodium-610	6 Pork rib/BBQ sauce(410) Soup/crackers(215) Calories-820 Sodium-1098 ALTERNATIVE Cheese pizza(340) Carrots(187),soup Calories-794 Sodium-780	7 Chicken meatball stroganoff/ Mushrooms(250),Noodles(20) Calories-738 Sodium-600 ALTERNATIVE Seasoned ground beef(100) Rice(5),plantains(16) Calories-800 Sodium-450	8 Egg/cheese croissant-410 Roasted potatoes(121) Calories-750 Sodium-850 ALTERNATIVE Stuffed shells/sauce-505* Green beans(2) Calories-615 Sodium-665
11 Chicken cacciatore(290) Pasta(20) Calories-740 Sodium-650 ALTERNATIVE Bean/cheese burrito(116) Calories-620 Sodium-675	12 Pork hot dog/roll(886)* Baked beans(140) Coleslaw(167) Calories-774 Sodium-1325** ALTERNATIVE Oven fried chicken(440) Calories-826 Sodium-924	13 Beef stew(117) Mashed potatoes (109) Calories-687 Sodium-500 ALTERNATIVE Veggie shepherd's pie(200) Calories-620 Sodium-675	14 <u>FRIENDSHIP CELEBRATION</u> Country fried steak/gravy Cheddar mashed potatoes Stewed tomatoes Baked dessert Biscuit Calories-972 Sodium-1600**	15 Macaroni/cheese(520)* Soup/crackers(100) Calories-738Sodium-1139 ALTERNATIVE Veg. stuffed pepper(100) Calories-722 Sodium-987
18 HOLIDAY NO MEAL SERVICE	19 Chicken stir fry/sauce(677)* Veg. blend/mushrooms(167) Calories-763 Sodium-1119 ALTERNATIVE Chicharron(pork)-(310) Calories-800 Sodium-892	20 Salisbury steak/gravy(459) Mashed potatoes(109) Calories-702 Sodium-853 ALTERNATIVE Garlic fish(150) Calories-610 Sodium-700	21 Cheese lasagna/sauce(405) Soup/crackers(70) Calories-660 Sodium-770 ALTERNATIVE Haitian stewed chicken(200) Calories-700 Sodium-650	22 Fish/tartar sauce (105) Sweet potato(64) Calories-782 Sodium-564 ALTERNATIVE Veg. enchilada(310) Calories-750 Sodium-700
25 Chicken Mirabella(284) Rice pilaf(93) Calories-850 Sodium-734 ALTERNATIVE Eggplant parn/sauce(512)* Pasta(20) Calories-708 Sodium-810	26 BBQ pulled pork/roll(540)* Sweet potatoes(170) Calories-800 Sodium-973 ALTERNATIVE Beef/onions(275) Rice/beans(150) Calories-600 Sodium-500	27 Chicken/cream sauce(342) Soup/crackers(192) Calories-631 Sodium-921 ALTERNATIVE Egg/cheese croissant(410) Roasted potatoes(121) Calories-800 Sodium-605	28 Beef Shepherd's pie(201) Butternut squash(20) Calories-744 Sodium-672 ALTERNATIVE Cheese pizza(340) Broccoli(5) Calories-800 Sodium-844	

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thu Feb 21, Thu Mar 5, & Thu Mar 21

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

Tue & Thu

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
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